

DON'T LET DIABETES GET A FOOTHOLD ON YOU
Radio Public Service Announcements



DID YOU KNOW DIABETES CAN CAUSE NERVE AND VASCULAR DAMAGE IN THE FEET? THAT'S WHY A PODIATRIST IS AN IMPORTANT PLAYER ON YOUR DIABETES MANAGEMENT TEAM. IF NOT TREATED IN TIME, THE AMERICAN PODIATRIC MEDICAL ASSOCIATION WARNS, COMPLICATIONS FROM THE DISEASE CAN RESULT IN LOWER-LIMB AMPUTATIONS. BUT A COMPREHENSIVE FOOT CARE PLAN COORDINATED BY AN APMA MEMBER PODIATRIST CAN HELP REDUCE THE RATE OF LOWER-LIMB AMPUTATIONS BY UP TO EIGHTY-FIVE PERCENT. FOR MORE INFORMATION, VISIT WWW.APMA.ORG/DIABETES.

(30 SECONDS)

DIABETES ATTACKS YOUR ENTIRE BODY BUT CAN BE ESPECIALLY BRUTAL TO YOUR FEET, WARNS THE AMERICAN PODIATRIC MEDICAL ASSOCIATION. IN FACT, IT CAN CAUSE POOR CIRCULATION, WHICH CAN LEAD TO HARD-TO-HEAL FOOT ULCERS. SO IF YOU HAVE DIABETES, DON'T LET THE DISEASE GET A FOOTHOLD ON YOU, AND REMEMBER THESE TIPS FOR PROPER FOOT CARE: CHECK YOUR FEET DAILY FOR CUTS, SORES OR BLISTERS THAT DON'T HEAL; VISIT YOUR APMA MEMBER PODIATRIST REGULARLY; AND CHOOSE STURDY SHOES THAT FIT WELL. VISIT WWW.APMA.ORG/DIABETES TO LEARN MORE ABOUT PROPER FOOT CARE.

(30 SECONDS)

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